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A spin on *Dracula*
A retelling of a classic tale with comedy
on page 4

Sweet dreams
How you can maximize your sleep and mental health
on page 5

For the love of the game
Bringing golf to all generations
on page 10

Dracula: A Comedy of Terrors hit the stage last week at the Northern Lights Performing Arts Pavilion. /TIM YANO staff photographer

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BodyMed brings care to everyone in the Highlands

THOMAS SMITH
County Life Staff

Every single one of us has been touched by a cancer journey.

Barb Daize created her Burlington-based business Bdoymed Boutique, to assist those navigating their life with breast cancer. With a background in nursing, Daize sought to increase the comfort of women along their cancer journeys.

When Mostly Her closed in Minden, Christine Hewitt, certified mastectomy fitter, approached Daize about offering her range of products and mastectomy fitting services in Haliburton county.

After working at Mostly Her, Hewitt became certified in mastectomy fittings through a training course in Mississauga.

"It was very popular the first time that we did it," said Daize. "I think it is surprising how many women in the area need it."

"When we did do the original fittings at Mostly Her, the women that did attend were so grateful to have the service and not have to go out of town," said Hewitt.

Currently, people have to travel to Lindsay, Peterborough, or Barrie to access gender-affirming care, products and accessories to accommodate bodies post-mastectomy, lumpedectomy, lymphadenectomy, reconstruction, and gender transitioning.

Products offered from BodyMed Boutique range from breast forms, wigs, scar patches, anti-nausea aids, compression wear, and even swimwear.

The pair ran a pop-up shop at the Reform and Restore Wellness Hub in Haliburton on April 24 and 25, and had booked several appointments for their fitting services come in during the opening.

"In smaller communities, there isn't as much support as a major cancer centre or a city," said Daize. "I feel the number one thing is supporting women and giving them nice things to wear, helping them through the journey, and letting them feel like themselves again."

Christine Hewitt poses for a photo at the Reform and Restore Wellness Hub in Haliburton, where BodyMed North will be offering mastectomy fittings throughout the year. /THOMAS SMITH Staff

Daize's motto for BodyMed Boutique is to support from head to toe.

"The emotional impact of this on women is quite severe," said Daize.

Beyond mastectomy fittings, BodyMed provides support for any body that needs products that they carry. A sizable portion of their clientele include members of the transgender community.

"I always carry binders because they are quite popular," assures Daize.

Daize is proud to offer their services to anyone within the LGBTQ2S+ community, noting that their breast forms, bras, and chest compressors are for anyone and everyone that wants to wear them. Anything that they don't have in stock to aid in your gender journey, they can order for you.

Daize said that this aspect of her business evolved through steady growth.

"It's always been at the back of my mind," said Daize. "To help the community in any way and anybody."

With her granddaughter being trans, Daize says she feels a personal connection to providing gender-affirming products for everyone.

"It's a needed service," said Daize. "The support and the personal touch when someone is coming in and chatting with you, it really helps."

Through compassion and offering fashionable pieces, Daize truly loves helping people either getting people back to the way they used to be, or getting the body image they want to have.

"Cancer does not end after surgery, it goes on and on," said Daize. "There is worry and anxiety. New needs pop up sometimes. I just love being there for them when they need us."

Empowering customers during their appointments is crucial. It is not just about the fitting and the products, but making people feel comfortable and confident about their body.

"I feel like there is such a gap in Haliburton County for women," said Hewitt. "It's very gratifying to be able to support them in any way."

Beyond making professional recommendations and offering support, it is entirely up to the customers to decide what they need for their own body.

Barb Daize poses at her BodyMed Boutique in Burlington. /submitted

"It is their body, they know it best," assures Hewitt.

Daize says that the difference on customers' faces before coming to their appointment and afterwards is vastly different.

"When they walk out of my store, they look and tell me they feel 100 per cent better," said Daize.

Post-care of a cancer journey often leaves people with uncertainties and not knowing where to go for questions. With her medical background, Daize has become a vital resource for answering questions and reassurances for many along their cancer and gender journey.

To better assist customers, BodyMed is providing their services more regularly on a schedule. They are currently planning on offering their services on May 30, June 26, July 24, Aug. 21, Sept. 25, Oct. 23.

Their goal is for every customer to be able to walk out the door with something in their hand. Anything that they do not have in stock, they can order.

No one should be going through these journeys alone. Daize and Hewitt encourage anyone to contact them for support by calling 705-306-2782 or by emailing bodymednorth@gmail.com.

There are plenty of online resources, Facebook groups, and local services such as Brooksong Retreat and Cancer Support Centre that residents can access and receive support.

"You will get through it eventually," assures Daize.

County Life

The following inserts are being distributed with County Life this week:

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Chains

DEB REED
Wind in the Attic

I REFILL OUR feeder first thing each morning. It drains within a day since wild things are starving by spring. Sustaining them attaches serious responsibility. Year after year, faraway birds return here to eat and breed. If safety seems guaranteed, they'll teach their children well.

The same robin revisits us every March to tweak a rough old nest atop a vacant birdhouse. She sometimes eats dropped seed, but doesn't need the feeder. Worms and bugs are everywhere. Her roost is secure. She comes and goes as she wishes.

Neon-coloured finches are politely picking out nyjer seeds. Suddenly, a truck charges along the road. All birds scatter, and one smacks the front window. I owe it an instant wellness check. I'd pushed for this seed station so I can quietly observe bird generations from indoors.

Generations are chains. They connect and repeat. There's such marvel in lineage and six degrees (even though comedic American writer Erma Bombeck once remarked: 'family - the ties that bind and gag!'). My impulse today is to celebrate continuity itself. Not only in food chains, but in seasons, moon cycles, migrations, tides, dead things feeding new things; we humans love to recognize energy transfers, bonds and patterns in all reality. The nature of things.

'Blueprint molecules' are perfect chain-starters. If they've seen *Jurassic Park*, youngsters already know something about DNA before they enter high school. I even added 'deoxyribonucleic acid' to my Grade 5 bonus wordlist. It thrilled many a 10-year-old to master, not only its meaning and pronunciation, but how to use and spell it! In biology, DNA is that remarkable double-helix chain which carries genetic codes.

There's actual dinosaur DNA in modern birds! The latter descend from now-extinct bipedal theropods (like T. Rex) whose scales evolved into feathers. It's these chains which make academia extra-interesting. The study of pretty much everything (medicine, politics, history, technology, psychology...) is based on ever-developing linkages of ideas, facts, inventions and events. And things are still evolving. Biology is constantly adapting to change. Immune systems, for example, continue to adjust to new pathogens.

The modern phenomenon of tracking our ancestry through increasingly-sophisticated science is revealing some fascinating connections: Taylor Swift is apparently related to poet Emily Dickinson. Madonna's genealogy includes French Canadians. Queen Camilla's and Justin Bieber's too. Beyoncé descends from both Acadians and British royalty. Brad Pitt is genetically linked to King Henry II of England. And Tom Hanks is a distant relative of Abraham Lincoln.

DNA, ancestry, fate, adaptation … a trillion connections. Tyrannosaurus Rex begat finches. Darwin studied their beaks for natural selection. Beaks beget birdsong for Spring inspiration. Creators make meaning. Connecting meaning runs classrooms, begetting even more creators…

That's a rather fanciful example of chain-reaction! But such are the systems of this planet, and the 'Heartbeat of Mother Earth' (Indigenous acknowledgement of our connection with the land). We can't actually own Earth. But we can sure be responsible for respecting her rhythms.

That purple finch which hit our window is just fine, by the way.

Rock and Roll in Wilberforce

The Wilberforce Legion hosted a Soc Hop Dance on Saturday, April 26. With music from the 1950s and 1960s, costumes were encouraged, with prizes going to the favourites. The Legion also provided attendees with Spot Dance prizes, making sure everyone got on the dance floor. With good food, good music, and good costumes, fun was had by all who attended. /TIM YANO staff photographer

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The colourful cast of characters from Ctrl-ART-Del's production of Dracula: Comedy of Terrors. The show played over the past weekend at the Northern Lights Performing Arts Pavilion, after months of rehearsals. /TIM YANO staff photographer

Ctrl-ART-Del's Dracula: Comedy of Terrors dazzles crowds

THOMAS SMITH
County Life Staff

Gordon Greenberg and Steve Rosen's viral gender bending TikTok sensation *Dracula: A Comedy of Terrors* is chocked full with gags and colourful characters, a perfect fit for the Haliburton stage.

The neck-biting wit of the delightfully thirsty, leather and lace-clad Dracula (played by Christine Carr) is accompanied by a sharp cast who never fail to hit the punchline. Carr upholds the charm and playfulness that Greenberg and Rosen's pansexual Dracula demands. Whether it was strutting to Chappel Roan or longingly staring at necks, the thirst of Dracula can be felt by everyone.

Jonathan Harker (played by Jordan Kovacs) begins their tale of tribulations through riding up the Carpathian mountains to sell a home to Dracula. The love interest of Lucy Westfeldt (played by Hannah Klose), Harker is a cowardly and 'vanilla' type of person before being corrupted by Dracula. After that, his personality does a complete 180. Unabashedly donning fishnets and a leather corset like that of *Rocky Horror's* Dr. Frank-N-Furter, Harker lets his flame of love for Lucy burn bright. The entire time, Lucy acts as his straight man in their relationship. Remaining grounded, high mannered, and unfalteringly in love with Harker throughout the journey.

Perhaps a favourite moment was near the beginning when the sea captain (played by Spencer Zumpano) yells to his right hand (played by Lindsay Jowett). From the theatrics of the stage hands spraying the captain, to Jowett thrashing around on stage, it truly felt to be on the ship in the turbulent wake. The scene was delightfully crafted by Alex Kocot, capturing the imagination and setting the scene for the type of humour the audience was in for.

Like many audience members, I gasped every time Renfield (played by Spencer Zumpano) made an appearance on set. Whether it was popping out of the window or appearing on the bed, Renfield's presence was undoubtedly uproarious for the audience. You always knew something delightfully twisted was about to happen, often in the form of eating a bug.

Sisters Lucy (played by Hannah Klose) and Mina Westfeldt (played by Taliah Dumas-Stephenson) have a relationship that is entirely unlike Stoker's *Dracula* and is highly successful in this light comedy. Mina juxtaposes Lucy's charm with brashness, asserting her desires to whomever she sees fit. The butt of many jokes, it is hard to understand Mina has not found a suitor with her level of wit and grasp of humour.

Dr. Westfield (played by Willow Brown) and Dr. Van Helsing (played by Lindsay Jowett) unexpectedly kindle their love along the way, regardless of the loss of Westfield's second favourite daughter. Brown embodies a wisened old man to a tee, while Jowett towers over him, donned in German attire (accent included). The duo know how to command a room and lead, even when they don't know exactly what is going on. Blissfully unaware of their own blunders, the duo commanded the audience while squeezing out laughs around every turn.

Ctrl-ART-Del never fails to utilize its cast, incorporating their stage crew directly into the show through waterworks, clopping coconuts like Monty Python, or bringing puppets and props to life from beyond shadows. Often, I heard the audience cackling by the antics of the crew alone. The inclusion of their crew seems special and something the crew should relish in. Perhaps we will see some of them acting on the stage soon?

Through goofs, gaffs, and action-packed montages, Ctrl-ART-Del's *Dracula: A Comedy of Terrors* is a highly successful romp through both the Transylvanian countryside and Whitby. Congratulations to Tim Nicholson, Ella Leis, Alex Kocot, and the entirety of Dracula's cast for this tremendous performance.

I look forward to future Ctrl-ART-Del show *The Grown Ups* by Simon Henriques and Skylar Fox in August.

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To sleep or not to sleep? It shouldn't be a question

EMILY STONEHOUSE
County Life Editor

Everyone sleeps, right?

Wrong. Over half of Canadians have reported trouble with their sleeping; including getting to sleep, staying asleep, or being sleepy throughout the day.

With the average adult spending over one third of their lifetime in the workforce, this constant state of drowsiness plays its part.

That's where Kelsey Sharpless and Joelle Hill come in. "We are really working on bringing information on sleep and mental health into the community," said Sharpless, a registered social worker and psychotherapist, based out of Minden. "There is such an interconnectedness between mental health and sleep," agreed Hill, a certified sleep consultant.

Sharpless and Hill have paired up to bring the topic of sleep to the forefront across the community. The two specialists have their own practices, but were often connecting over referrals. They started to see some overlap in the needs of their clients; namely around sleep, and the impact it had on mental health in the workplace.

Through their research, it was noted that the top four stress symptoms that cause missed work days were fatigue, sleeplessness, aches/pains, and high anxiety. "With difficulty sleeping, it will impact your daily functioning," noted Hill. "So we try to target employers and organizations to see how it impacts the workplace."

The duo have taken their information on the road with a 60 to 90 minute presentation in an effort to bring sleep hygiene to the forefront. They have connected with multiple municipalities, the Ontario Early Years Centre, Haliburton Highlands Health Services, Scotia Bank, and the Minden Animal Hospital, to name a few.

From those organizations, 94 per cent of attendees would recommend the presentation to others, and 92 per cent stated that the presentation increased their understanding of individual and/or workplace wellness.

Joelle Hill and Kelsey Sharpless have started offering programs to effectively showcase the link between proper sleep and workplace wellness. /submitted

The issue with a lack of sleep is that it creates a vicious cycle, or a negative feedback loop that can simultaneously worsen mental health and sleep. Stress and worry can lead to declining mental health, which then leads to insomnia and sleeplessness, then feelings of fatigue, which results in difficulty focusing, and looping back to stress and worry. And the cycle continues.

"We talk about ways to manage anxiety by recognizing strategies for helpful thinking," said Sharpless. "When we are dysregulated, we use mindfulness as a strategy for mental health."

Hill noted that everyone is subject to a 'bad night' on occasion, "myself included," she laughed. "But there are different sleep drivers such as iron levels, consistent schedules, and factors around sleep pressures that contribute to poor sleep patterns. "There is a very strong connection between depression and insomnia," she said.

> *"We are really working on bringing information on sleep and mental health into the community."*
>
> — Kelsey Sharpless

Sharpless shared that when they ask a group about concerns around sleeping, "a room full of hands shoot up," she said. "They're glad to have us there, to look at some solutions for them."

Some healthy habits that contribute to a good night's sleep are 20 minutes of movement a day, balanced eating without shame, journaling, and consistent self-care, to name a few items. The presentation also dives into methods of working around supporting factors for sleep, and how to develop safe and healthy routines to maximize that crucial need for sleep.

Once the initial presentation has taken place, Sharpless and Hill offer follow-up conversations, which include consultation, evaluation, and one-on-one support.

To book a presentation for the workplace, contact kelsey@kelseysharpless.com.

To learn more about the services and offerings, visit www.ksharplesscounselling.com and www.hillfamilysleepsolutions.com.

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Playing dirty

EMILY STONEHOUSE
County Life Editor

THERE WAS a time when politics was proper. Yes, there were always some form of slithering scandals snaking their ways through the darkened corridors, every so often being brought to light by muckrackers and whispering sources.

But for the most part, it was a place of decorum.

And that's exactly what it should be. After all, these are the elected representatives to put our needs on the table. The ones chosen to showcase our dreams, our wants, our existence.

Shouldn't that be respected?

With the federal election now in our rearview mirror, that is one observation I can bring forward.

That politics is now a dirty, disrespectful, and unsavoury game.

And that's what it's become to so many. Not a job, a dedication, a commitment.

It's nothing more than a game; featuring name-calling, unsportsmanlike conduct, and breaking the rules.

We can blame Donald Trump for many things. Honestly, he's the whole reason for both the recent elections, though I fear telling him that may inflate his already ballooned ego.

And yes, he has done a lot of bad things. This newspaper isn't large enough to list them all.

But one of the worst, is creating a world where hate isn't just tolerated, it's normalized.

Sneers, judgement, bashing, bullying. A world leader showing each and every individual who watches him perform on a global stage that this is the way you conduct yourself.

And even if we flick that performance off from our screens, the damage is done.

"If this is how he talks, this is how he carries himself, this is how he treats others, why can't I?"

We are what we read, and if this content is all we are seeing, I recognize the courage it takes to go against the grain.

This past federal election was dirty. And quite frankly, I am exhausted from consuming and creating so much news around it. Yes, there were some shining moments. Some testament of good from the golden hearts of our community.

But there was also hate. Name calling, broken signs, graffiti, hate mail, fake Artificial Intelligence bots, worming their ways through our web browsers in an effort to defame not a political party, but individual people.

When it comes to raising kids, my husband and I have one major rule: don't join their chaos, create their calm.

Over the years, there have been tantrums, fights, nit-picking. The usual behaviour of growing individuals finding their footing in our bold and beautiful world; learning the developmental ins and outs of self-regulation. And while the default is to yell louder than they yell, to stomp harder than they stomp, the reality is that we cannot join their chaos. We must be their calm. We must be their place of safety, of love, of unwavering presence. And eventually, they will join our level.

But I fear we have joined the chaos of the political world. The mess. The noise. Gone are the days of softness from politics. We now live in a world where the loudest voice trumps all.

As the dust settles from the dirt that was stirred up from this past election, I hope we can move forward with a new outlook. A reminder that joining in on the cacophony of chaos from whoever can yell the loudest does not create a world we can comfortably leave our children.

We cannot be chaos, we must be calm.

And hope, wish, pray, that others follow suit, and go against the grain.

Top 10 things your dog thinks of when they look at you

STEVE GALEA
Humour Columnist

If you have a dog, you know that they spend hours just staring at you. They're clearly thinking about life and the relationship they have with you, their most important friend.

That's why I consulted my dog to learn about the top 10 things a dog is thinking when they look at you. They are:

1. All these beautiful carpets and you have never once scooted.
2. Sure, you can use a small section of my couch.
3. Want me to take you for a walk again?
4. Weird, I never see you carrying a poop bag out of the washroom.
5. What are we eating?
6. I keep trying to show you how to retrieve but you just can't seem to figure it out.
7. As God is my witness, I'll always protect you from squirrels and cats.
8. One day, I'm going to bring you a road killed skunk as a token of my undying love.
9. I'm not going to let you throw that ball away.
10. If you dress me up again for social media, I'm leaving.

Rain

Rain staining the River, the colour of steeping tea,
water frothing over rocks, as the River roils and
seethes, Rain lashing the branches and trunks of trees,
growing along the riverbank, as I stand between
them, sheltering beneath the dome
of my black umbrella,
listening to the fury of the River's flow, spotting a
pair of crows, cowering in the branches of a willow,
hushed by the rush of River, waiting out the Rain,
drumming on the roof of my umbrella, as I stand here,
still as the trees,
grass greening beneath my feet, listening to the River
surging past, wondering whether fish feel
its force as well,
the change in the current each spring, whether they
hear the muffled sound of Rain, pelting the River
like pebbles,
wondering how deep the fish swim, while I stand up
here on the bank, watching Rain pierce the surface
of things,
the patch of grass where I stand, the Rain seeping
deep into the earth, feeding roots and seeds,
lashing the willow switches that droop from their
trees, growing greener every day,
a loamy smell rising from the earth, as puddles
spread across the grass, pooling around my rain boots,
that squish and squeak as I begin to scurry
along the riverbank,
the torrent of Rain streaming down from a gun-met-
al Sky, growing stronger, its sound, louder,
like bullets hitting the roof of my black umbrella,
and I am grateful that it's only Rain,
as I follow the path that winds along the River, its
colour changing every day, reflecting Sky and light,
now darkened by Rain,
the River rushing in my ears, as I rush alongside it,
my rain boots splashing in puddles that flood grass,
avoiding a muddy one, as a memory flashes in in my
mind, bright as the red rain boot that got stuck in the
mud when I was
five, and I hobbled Home from school, one foot safe
and dry in the cocoon of its boot, the other, drenched,
the flowers blooming on my sock, caked in mud, my
Mum rushing out into the Rain,
retracing my steps, retrieving my red boot, stuck
deep in the mud, relief replacing my tears,
when she returned,
and I never clomped through a mud puddle again,
the memory making me grin,
as I lurch through the Rain beneath my black
umbrella, but it didn't back then, a River of Rain pour-
ing down from Sky,
as the River roils alongside me, my rain boots
squishing and squeaking like when I was small,
my world contained within our block, and the park
across the street, and the path I walked back and
forth to school,
my purple flowered socks replaced by boring ones
now, but still, that little kid remains, resurfacing, espe-
cially on rainy days,
when my feet like to splash in water puddles, and I
lower the umbrella down for a moment or two,
to feel the Rain on my head and cheeks, peering up
at Sky like when I was five,
drinking in the wonder of it all, that never grows
old, grateful for this gift of being Alive,
especially on days when I am stuck in my head and
would rather cocoon in bed,
listening to fingers of Rain drumming on the win-
dowpane, beckoning me to rise and go Outside,
to breathe fresh Air and greet the greening grass, all
things pass, even Rain.

Sylvie Kalenda

Nature in your backyard

County Life welcomes photo submissions depicting life in the Highlands. Email emily@ haliburtonpress.com. Please ensure images are high resolution - 200 dpi, 10 inches at its longest edge.

Sunrise over Dark Lake, Wilberforce by Vivien Mausz

Red squirrel by Tammy Nash

Chickadee by Jill Moulton

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IN TOWN HOME MINDEN $449,000

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- Full unfinished basement with a separate entrance
- Detached garage with its own bathroom
- Town water and sewers

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CANDACE STREET, MINDEN $634,000

This 3 bedroom, 2 bathroom raised bungalow, meticulously renovated for modern comfort & style. Along the front of the home is a screened in porch. Peaceful family-friendly, quiet neighborhood perfect for leisurely walks. This home offers the perfect combination of modern upgrades, an expansive outdoor space, & a tranquil setting. Don't miss the opportunity to make this stunning property your own!

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lisa@lisamercer.ca

1291 BURKES RD HALIBURTON $739,900

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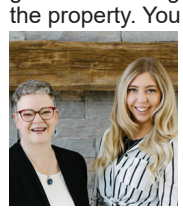

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A game for the generations

JANET TRULL
County Life Contributer

Local golf instructor Connie Wood, giving a lesson to her granddaughter Reese. /photo submitted

Golf has been an attraction in Haliburton since 1932, when nine picturesque holes were carved out of a ridge on South Kashagawigamog Road. Scottish immigrants who settled in the highlands felt quite at home among our lakes and hills, and they welcomed a chance to play the stick and ball game called golf.

No, the word golf does not mean Gentlemen Only, Ladies Forbidden. Women golfers have been around since the 16th Century, when Mary Queen of Scots learned the game. But it wasn't until 1867 that a group of pioneering women in St. Andrews, Scotland started their own club, adjacent to the Royal and Ancient Golf Club. Since then, women have been playing the game rather well.

Meet Connie Wood, a local nurse who took up the sport in her 40s. Knowing she had some catching up to do, she started taking lessons at the driving range from Haliburton's own Dr. Golf, Ken Rosenberg. It wasn't long before she was playing all of Haliburton County's courses with confidence. Now, after years of studying the game, Connie wants to pay the expertise forward by offering coaching sessions for women.

"I want to help women feel more confident and comfortable on the golf course. My lessons will create a supportive, welcoming space where women and girls can learn, laugh, and improve without pressure," Connie says. "Whether you're seven or 70 I believe golf is a game for life."

Full disclosure, I've been golfing with Connie for years, and I've watched as she has tried new strategies, different clubs, and even breathing techniques. There is literally no tip she hasn't tried in the attempt to improve her score while keeping the game fun and enjoyable. Recently, she challenged herself by acquiring her Canadian Golf Teacher Federation certificate. "I love the game," Connie says. "I want others to discover how golf can be a source of joy, connection, and health. More than just a sport, golf is a way to stay active and enjoy nature."

Golf season will be starting soon! From opening day with toques and gloves, to breathtaking autumn days when our highland courses are at their brilliant best, it's a sport for the generations. I come from a long line of women golfers, starting with my Scottish Nana, my trophy-winning mother, myself (a non-competitive golfer), my daughter (who financed her university education driving the beverage cart) and now granddaughters who are keen to sign up for lessons.

I learned the game at the Haliburton Highlands Golf Club. The view from the ridge never fails to take my breath away. In 1976, my fiancé and I bought lifetime memberships at Pinestone (part of a promotion to finance the original nine holes). That lifetime lasted about fifteen years until the resort changed hands. We've also made memories with friends and family playing at Blairhampton, Lakeside, and Gull River. Each course has unique layouts and vistas.

If you watched Rory McIlroy win the Masters recently, you know that even the pros can't count on being perfect. Water hazards, bunkers, and trees all make the game challenging. And sometimes you miss the ball entirely. (There are mulligans for that!) If you want to learn or improve, lessons can make all the difference. Check with local courses for help finding instructors. The fairways of the highlands are waiting to welcome you.

Legion Events

Branch 441 Kinmount

Monday: Bid euchre 1 p.m., Cornhole 7 p.m. (upstairs)
Tuesday: Last Tuesday of the month-liver luncheon with one alternative 11 a.m. to 1 p.m.
Wednesday: Mixed darts 7:30 p.m. Canteen opens at 6 p.m.
Thursday: General meeting (3rd week) Members only 7:30 p.m.
Friday: Chair yoga 10 a.m. Bingo, doors open at 5 p.m. play at 6:45 p.m.
Saturday: Meat draw 5 p.m. Canteen opens at 3 p.m.
Sunday: Ladies Auxiliary meeting (members only) 3rd week at 2 p.m.
Special events: May 11 Mother's day breakfast $13.00/person
Friday night BBQ start May 23
Hall rentals available at reasonable prices. Call 705-488-3462 or 705-928-7105. We welcome everyone to our events and we look forward to seeing you!

Branch 129 Haliburton

Mondays: Bridge 1 p.m. Schofield Rm. Youth darts 6:30 to 8 p.m. Clubroom 10 to 18 years of age. All are welcome, no experience necessary
Tuesdays: League darts 7 p.m.
Wednesdays: Bid Euchre 1 p.m. start – Main Hall. Bingo doors open at 6 p.m. Bingo starts at 7 p.m. First Wed of each month with jackpot. Follow Facebook.com/Branch129 Bingo for the most up-to-date information
Thursdays: General Meeting third Thursday of the month, 6:30 p.m. All members urged to attend.
Ladies Auxiliary last Thursday of the month at 1 p.m.
Fridays: Five meat draw, five prizes each draw, first draw 4:30 p.m., last draw 6:30 p.m. Tickets $2 per draw. Paul Sisson, MC. Friday fun darts from 4:30 p.m. and onwards. 50/50 Draw 5:40 p.m.
Whether you're planning a function for 10 or 200, call Cheryl Waller at 905-447-7741, email haliburtonlegionrentals@gmail.com or visit haliburtonlegion.com. Everyone is welcome!
Club room hours: Mon. 3 to 6 p.m., Tues. 3 to 9 p.m., Wed/Thurs. 3 to 6 p.m. Fri. 3 to 7 p.m.

Branch 636 Minden

Lunch - Monday to Friday
Monday: Rug Hookers every second week. Bid Euchre 1 to 3 p.m.
Tuesday: Food 5 p.m. Canoe FM Bingo 6 p.m.
Thursday: Cribbage 1 to 3 p.m., Darts 7 to 9 p.m. and Euchre 7 to 9 p.m.
Every other Friday: Karaoke 8 to 11 p.m.
Friday Fish & Chips, Wings. Lunch 11a.m. to 2 p.m. and Dinner 4 to 7 p.m.
Saturday All Day Breakfast 9 a.m. to 2 p.m. with three Meat draws at 11 a.m.
Call ahead any day for take-out:
705-286-4541. Schedules are subject to change without notice. Check our Facebook page Minden Legion Branch 636 for more info.

Branch 624 Wilberforce

Hours - Sunday: Special Events Only, Monday: 7 to 10 p.m., Tuesday: Closed, Wednesday: 2 to 6 p.m., Thursday: 2 to 10 p.m., Friday: 2 to 11 p.m., Saturday: 2 to 9 p.m.
Mondays - May 12, 19, 26 – Darts, $5/player, 7 p.m.
Wednesdays - May 14, 21, 28 Darts, $4/player, 2 p.m.
Thursdays - May 8, 22, HHHS Social Rec,10 a.m.
14, 21, 28, Horseshoes, $5/player, 7 p.m.
Fridays - May 16, 30, Fish & Chips, 5 to 8 p.m. $15 for 1 piece $20 for 2 pieces
May 9, 23 - Wings and Jam Session, $15/lb, 5 to 8 p.m.
May 9, 23 - Seniors 55+ Lunch,
$17, noon
Saturdays - May 10, 17, 24, 31 - Meat Draw, 3 p.m.
May 17 - Karaoke, 8 p.m. to 1 a.m.
Sunday, May 11 - Mothers Day LA Breakfast
9 to 11 a.m., $10.
Call the Legion for more info 705-448-2221

Volunteer spotlight: Della Redwood

EMILY STONEHOUSE
County Life Editor

There's a certain warmth to Della Redwood. It's something you feel right away, when you meet her.

An unwavering kindness; brought on by years of goodness, joy, and the art of giving back. "Volunteering was just something I grew up with," said Redwood. "My father was of the mind that if you helped someone else, one day, they would help you in return."

Redwood has called the Haliburton Highlands home since 2013. Originally hailing from Cochrane before moving to Oakville for her career as a medical microbiologist, she found herself wanting a different pace as retirement approached.

She found Haliburton on a fluke; her son had his snowmobile break down around the Huntsville area, and in an effort to seek repairs, ended up driving through the quaint village on a snowy day.

"He called me and he said, 'you'll love it, mom, it's just like Cochrane, it's got a lake right in the middle of town,'" she chuckled. So without skipping a beat, Redwood packed up her then 18-month old grandson and took a road trip to the community. "We went to Stedmans, we ate at the Kosy Korner," she recalled, "and people talked to me. People talked with him. Everyone was friendly." And just like that, she knew she was home.

As she perused the community in her early days, she started to take note of the bulletin boards around town; noting the wealth of events offered, even during the sleepy winter season. As a new arrival, she attended a volunteer fair at the high school in town, and this was where she was introduced to a number of the organizations that make the community vibrant.

She had started volunteering with the drum circles, put on by the Rails End Gallery, and went on, for years, to run the Drum Festival in Head Lake Park. With an Indigenous background, Redwood shared that she has always felt the pull of the drums in her heart, though it was not an activity she picked up until moving to the area.

Redwood is also intrinsically involved with SIRCH Community Services, specifically through their Community Kitchen initiative. The program works with community partners to provide 1700 meals a month to individuals in need across the county. Redwood hits the kitchen Monday mornings at 7 a.m. each and every week to prepare those meals alongside fellow volunteers. "I know some of the people who receive these meals, and it's very special," she said. "There's more and more need for them, and it's very rewarding to be able to help where I can."

With a medical background, Redwood also has a degree in gerontology, which she puts in place while volunteering at the hospice facility with Haliburton Highlands Health Services, offering counselling services around death and dying. She also volunteers with the local libraries, the Haliburton Legion, and Repair Cafe through SIRCH. "I could very easily stay home and be by myself," she said. "But that's just not who I am. You have to get out there."

To Redwood, the core of these volunteer experiences lies in the human component; the need for connection, for belonging, for feeling like a part of something bigger. In her many veins of volunteerism; that's the crux of everything she does. "They all need to be acknowledged as human beings," she said. "To be able to help even just one person, that makes it all worth it."

Goodness, joy, and the art of giving back.

Della Redwood was taught to volunteer from a young age, growing up in Cochrane, Ontario. She believes in giving back to her community in any way she can. /EMILY STONEHOUSE staff

Telling our Stories

On Wednesday, May 14, the "Telling Our Stories" Speakers Series is presenting Chris Hughes, a very interesting gentleman with a most compelling presentation titled "2 Wheels & 3 Ply Tourism". Chris will regale and inform with stories about his 2 passions: motorcycles and toilets. That's right, Mr. Hughes has a 26-year career in tourism development crisscrossing the country, mostly on his motorcycle, while spending much of his vocation looking for the perfect public toilet. He will show examples from around the world of those that get it….. and those that miss the mark. Learn how our society is really lacking the perfect flush.

The Speakers Series, a member of the Haliburton County Community Cooperative, takes place on the second Wednesday of each month from 7:00 – 9:00 pm at the Haliburton Highlands Outdoor Association Fish Hatchery, 6712 Gelert Road. Admission is $15/person payable at the door or on line at www.tellingourstories.company.site.

As seating is limited, pre-registration is highly recommended. To obtain tickets, contact Barrie Martin at 705.457.7557 or by email at barrieinthehighlands@gmail.com

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A not so silent auction

Camp Medeba held their annual auction fundraising night this past weekend, raising over $32,000 for camp programming through the efforts of the auction. /TIM YANO staff photographer

Nature in your backyard

County Life welcomes photo submissions depicting life in the Highlands. Email emily@ haliburtonpress.com. Please ensure images are high resolution - 200 dpi, 10 inches at its longest edge.

Blue jays and a dove enjoy a snack by Vivien Mausz

Loon by Jill Moulton

Northern Flicker Woodpecker by Vivien Mausz.

Common Merganser by Jill Moulton

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Community Events

Send your event listing to classifieds@haliburtonpress.com

Minden Curling Club Spring Dance
When: May 10, 4:30 to 10 p.m.
Where: Minden Curling Club
Roast Beef Dinner (Vegetarian available) Dinner and Dance $45 pp. Music only from 6:30 p.m. $25 pp. Music by The Recycled Teenagers Lloyd and Susanne Taylor. Everyone welcome! Tickets available at Let's Get Local & Molly's Market and Bakery or call Wynn Taylor 705-286-3286, Lynda Litwin 705-487-8511,Bob Barron 705-731-7730.

Spring Wildflowers and Wild Leeks
When: Saturday May 10 at 10 a.m.
Where: Barnum Creek Nature Reserve
The Haliburton Highlands Land Trust is pleased to announce a new season of Land Trust Discovery Days programming partially funded by a TD Friends of the Environment Fund grant. Registration is required and admission is by donation. Please register at the HHLT website at www.haliburtonlandtrust.ca or by calling the office at 705-457-3700.

"Mental Health Awareness"
When: Tuesday, May 13 at 7 p.m.
Where: Schofield Room, Haliburton Legion, 719 Mountain St., Haliburton
You are invited to a discussion with Theresa Maybury, a Mental Health and Addictions Clinician with the Canadian Mental Health Association--Haliburton, Kawartha, Pine Ridge. Theresa will explore with us core aspects of mental health, with a particular emphasis on two of the most common conditions: anxiety and depression.
This is part of a continuing series on "Making our Communities Better Places", and will begin with music by local musician, Jodi Timgren. It is open to all, no admission charge, light refreshments provided. Hosted by the Baha'i community of Haliburton.

Annual Plant Sale
When: May 17, 10 a.m. to noon
Where: 63 Bobcaygeon Road, Minden
Annual plant sale from Minden & District Horticultural Society at 63 Bobcaygeon Road, Minden "Rain or Shine". New this year – vendors.

The Don Smith Memorial Bird Walk
When: Sunday, May 18 at 6:30 a.m.
Where: On the rail trail at Gould's Crossing Road.
The Haliburton Highlands Land Trust is pleased to announce a new season of Land Trust Discovery Days programming partially funded by a TD Friends of the Environment Fund grant. The Don Smith Memorial Bird Walk will be offered by bird expert Ed Poropat. Registration is required and admission is by donation. Please register at the HHLT website at www.haliburtonlandtrust.ca or by calling the office at 705-457-3700.

Learn to Garden for Kids
When: June 3, 4 to 5 p.m.
Kids aged 6 years or older who want to learn about gardening are welcome to join the Horticultural Society Youth Members Program. Email for details: minden.jr.hort.club@gmail.com

'Peonies'
When: June 3, 7 p.m.
Where: Minden Community Centre, 55 Parkside St., Minden.
Do you love to garden? Please join the Minden & District Horticultural Society at the Minden Community Centre. Guest speaker Ingrid Janssen will be discussing 'Peonies', followed by the monthly society meeting. New members welcome!

Recurring events

Friends of the Haliburton County Public Library New Book Nook Hours
When: 1st, 3rd Tuesday of the month - 10 a.m. to 2 p.m.
Where: Minden Hills Branch, 176 Bobcaygeon Rd. Minden
Choose from a variety of gently read books: thrillers, mysteries, romance, biographies, children and youth selections, Canadian authors, fiction, science fiction/fantasy, sports, spiritual and other non-fiction books. Bring a reusable bag. Payment is by cash donation. All money raised supports library enhancements and programmes for all libraries in the county.

TOPS: Take Off Pounds Sensibly
When: Monday mornings 9:30 to 11 a.m.
Where: Haliburton Legion Branch 129, upper level
Admission: Yearly membership of $59
A non-profit/commercial network of weight-loss support groups, offers programs for healthy living and weight management.

Bridge for Seniors
When: Mondays at 1 p.m.
Where: Haliburton Legion - Schofield Room
All welcome.

Haliburton Legion Walking Group
When: Mondays at 9 to 10 a.m.
Where: Haliburton Legion - Remembrance Hall
A safe walking environment. Lead by an Occupational therapist.

Free Balanced Fitness and Active Social Senior Classes
When: Every second and fourth Tuesday of each month at 10 to 11 a.m.
Where: Haliburton Legion - Remembrance Hall
All seniors are welcome. Group led by Registered Recreation Therapist

Bid Euchre
When: Wednesdays at 1 p.m.
Where: Haliburton Legion - Remembrance Hall
All welcome!

Seniors Chair Exercises
When: Thursdays at 1 p.m.
Where: St. George's Anglican Church, 617 Mountain Street
Please join us for safe and gentle exercises for seniors to help with balance, strength and flexibility. Free to join.

Cards/Euchre/Cribbage
When: Thursdays at 2:30 p.m.
Where: St. George's Church
617 Mountain Street

Lakeside Church Service
When: Sunday at 9 a.m. and 10:45 a.m.
Where: 9 Park Street, Haliburton.
Whoever you are, wherever you've been, you are welcome here.

Weekly Meat Rolls
When: Every Saturday, 3 p.m.
Where: Coboconk Legion, Hwy 48 and 35
Join us for our weekly meat draw. Five spins for $10. First four rounds are for highest and lowest score with two winners per round. Last round is for a prepare-it-yourself dinner for two. Additional spins for this round are available for $2 each. Call 705-454-8127 or email info@coboconklegion.ca for more information.

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VOLUME III, No. 25

Wednesday, April 15, 1981

Developer balks at $500 costs assessed by OMB

A decision as to who is responsible for the $500 in costs assessed against the township by the Ontario Municipal Board following a hearing March 10 was left hanging following a meeting of the Anson, Hindon and Minden Township council.

The hearing chairman had assessed that amount against the township application for approval for a zoning change, which would have allowed a trailer park development on property near Baf Lake. The development and by-law change had been requested by Virginia and Joe Gentle.

The OMB hearing chairman described the application as "unnecessary" as his reason for assigning the costs to the township.

Joseph Gentle, who appeared before the council April 8, said he did not feel he was responsible for the extra charges. He pointed out that the zoning change was rejected because the township's by-law was at fault, not his proposed development. Gentle said the township had been negligent in not knowing what would be required for the hearing and for having a zoning by-law which he described as "antiquated".

Members of the council have commented in the past that the township's zoning by-law was out of date and had been the reason for a number of adverse decisions by the OMB. Plans were made at the March meeting of the council to have a total review of the by-law started with the view to updating the entire document. That action was obviously too late for this hearing.

Deputy Reeve Doug Pritchard, who chaired the meeting as Reeve Lloyd Walker is on holidays in Florida for a month, told Gentle that he did not feel the municipality was responsible for the entire cost.

Councillor Ed Pergolas pointed out that the municipality was acting on the developer's behalf when it enacted changes to the zoning bylaw. "If that is the case," Gentle said, "then the municipality should be prepared to defend itself in an OMB hearing." Gentle had appeared on his own behalf at the hearing. He stated that he hadn't expected the hearing to be a formal court, but rather informal.

In the past the municipality has allowed developers to appoint a lawyer, at the developer's expense, to represent the municipality at such hearings. A tacit understanding appears to have existed whereby the developer, who desires to change a zoning by-law, would provide these services to further his own efforts.

Gentle said he was "bitter" about the entire procedure and requested time to "think it over" before accepting any responsibility for the $500 costs assessed by the OMB.

Councillor Lyle McKnight commented that the rezoning application was "lost" when the developer arrived without a lawyer. He noted that the objectors "picked holes" in the application and township by-law and the hearing chairman also did not look favourably upon the application.

Suggests committee

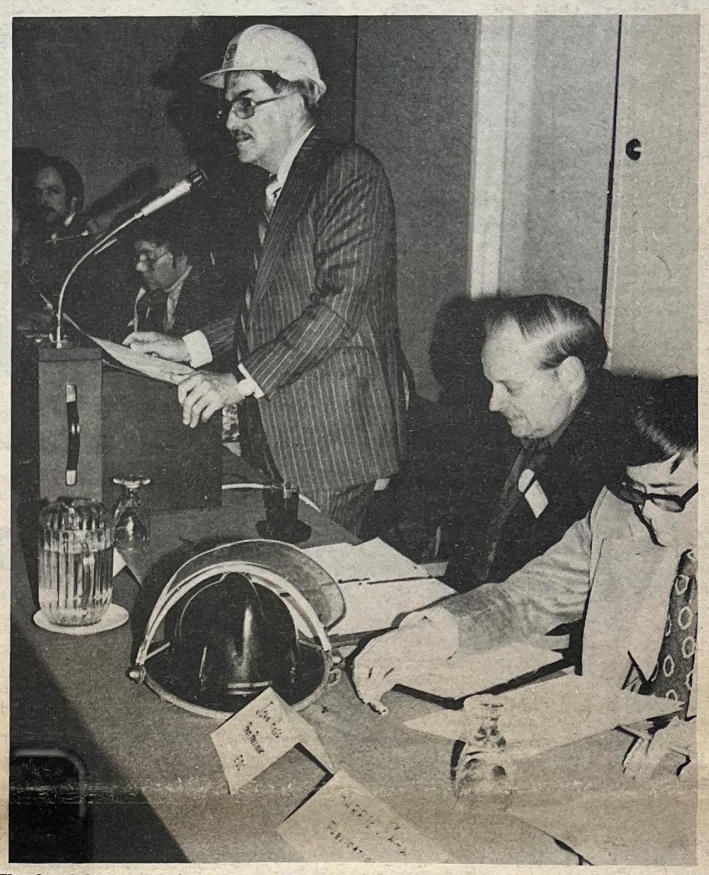
Prior to discussing the responsibility for the $500 costs, Gentle suggested a number of procedures to the councillors to ensure that future developments are not so easily defeated.

Gentle proposed that developers be provided with guidelines from the Ontario Municipal Board to assist in presenting their case, that a local planning committee be established to assess developments before they are approved by the council or are taken to the OMB for consideration. He also suggested that all members of the council should attend the OMB hearings so they can defend the provisions of the by-law if they are questioned. Several members of the council noted they were in attendance when this development was considered, but that no opportunity was given for them to speak in favour of the proposal.

Gentle said he was concerned about the future of development in the township, "if developments like these keep running into stumbling blocks placed in the way by a few cottagers."

Pritchard and McKnight agreed with the need for a planning committee to screen development applications, however, they also pointed out that this committee would only be an advisory body to

(more on page 2)



The hard hats were in evidence Wednesday evening, but were hardly needed as members of the Chamber of Commerce board of directors faced very few of their members in a roast. Manager Bob Stinson addresses the audience while Chamber president Jim McLean and past president John Hogg, are on the right. For more on the roast, see the story on page three.

BIA board appointed

The board of management for the Minden Business Improvement Area (BIA) has been appointed by Anson, Hindon and Minden Township council. The appointment was made in a by-law enacted at the April 8 meeting.

Following the instructions of the Ontario Municipal Board, merchants favouring and opposing the establishment of the BIA have been named to the board. Selected from those in favour of the BIA were Stu Brandon, Gord Monk, and Jerry Pillsworth. Those who were opposed to

(more on page 2)

These raqueteers from Haliburton Highlands Secondary School, are members of the Badminton team which qualified for the Central Ontario Secondary School Association finals to be played this week. Those who lead their division could be taking part in the all-Ontario championship later this spring in Kapuskasing. Team members, seen here with their coach Frank Wallace, are, from the left, front row, Marla McNaul, Signe Tashlin, Pam Iles, Miriam Vanderwal and Paul Vuksic. Back row, Wendy Ballantyne, Tara Davies, Heather Kennedy, Andrew Shapiera, Paul Mayo, Tim Wood and coach Wallace.

Opposition to metric growing

Opposition to the imposition of the metric system in Canada is thriving in Minden and Haliburton County.

That fact was borne out this past week when a petition placed at the Brown Owl Restaurant opposing the conversion, has attracted 167 signatures in just four days. A number of similar petitions are circulating in Haliburton Village as well.

The document was started last week as the result of a plea contained in MP Bill Scott's column in this newspaper and the Haliburton Echo. In that column the local MP said that the federal government is attempting to introduce further metric regulations by Orders in Council. Using this route, the federal government has avoided having the matter brought to the floor of the House of Commons and the criticism of the opposition. Scott urged his readers to write to him and Andre Ouellet, the Minister of Consumer and Corporate Affairs to express their dissatisfaction. Scott said he hoped the weight of public opinion would force the government to bring the matter to the House of Commons for debate.

Carol Miles at the Brown Owl, said that many of those signing the petition were opposed to the method the government was using to impose the metric system on the country. She said she will be sending the document to the local MP at the end of the next week so that he has it before April 28.

In the meantime, the petition will be available at the restaurant for those wishing to register their dissatisfaction with the way the federal government is implementing the new system of measurement.

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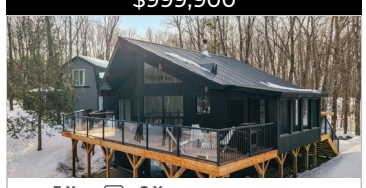

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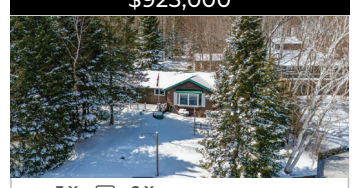

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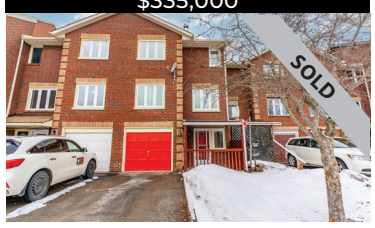

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